

Lessons
Training
Races



OCEANS PRONE PADDLE

www.oceansprone.com

Thank you for choosing to participate with Oceans Prone Paddle. We are here to introduce, progress and transform your prone paddleboard experience.

What to Bring:

Bathing suit/Boardshorts
Leggings or shorts
Rash guard (available for purchase)
Neoprene (weather dependent)
Towel and dry clothes for afterward

What to Expect:

To get wet
To smile, laugh and have fun
A workout
To learn a new sport/activity
To want to do it again